

# Mastitis

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**Mastitis is breast inflammation or infection.** Symptoms are **flu-like** such as fever, body aches, and chills. One breast may be **red, warm, and tender** to the touch. Mastitis often comes with or shortly after a **plugged duct**, but sometimes it develops quickly before a plugged duct has been noticed.

## Treatment:

If you suspect that you have mastitis, call your OB/Midwife. **Sometimes it is possible to treat mastitis without antibiotics**, but other times antibiotics are necessary. Your OB/Midwife will discuss your symptoms and decide the best course of treatment.

It is safe to **continue to feed your baby** milk from the affected breast. You should continue to breastfeed and/or pump following your normal feeding schedule (*you do NOT need to increase feeding/pumping frequency*) in order to remove milk from the affected breast. **DO NOT stop breastfeeding or pumping** while you have mastitis, as it can lead to a very **severe complication called an abscess**.

## **Mastitis Flush:**

Begin this plan as soon as possible after suspecting Mastitis and continue (*whether or not you are taking antibiotics*) as long as symptoms persist:

1. Follow the “Plugged Duct” plan
2. Take 3,000–4,000 mg of Vitamin C per day
3. Take a probiotic with *L. fermentum* or *L. salivarius*
4. Drink plenty of fluids, eat well, and rest

## **Get Help**

1. Contact your OB/Midwife if:
  - You spike a fever of 100.4° F or higher
  - Symptoms do not improve within 72 hours
2. Contact your Lactation Consultant (IBCLC) if:
  - You have recurrent plugged ducts (more than 3 per month)
  - You have mastitis more than once while breastfeeding